

WEIGHT CONTROL AND NUTRITION

Are you trying to lose weight?

- In 2000, 35% of adults were trying to lose weight.
- Females (42%) were more likely than males (28%) to report that they were trying to lose weight.
- Fewer adults aged 18 to 24 (25%) reported that they were trying to lose weight than adults aged 35 through 64 (>36%).
- Adults with some college (39%) were more likely than adults with less than a high school education (27%) to report they were trying to lose weight in 2000.

Have you received advice about your weight from a health professional in the past year?

- In 2000, 14% ($\pm 2\%$) reported that they had received advice about their weight from a health professional in the past year. Of those who received advice (unweighted N = 450), 66% ($\pm 6\%$) were told they should lose weight, 18% ($\pm 5\%$) were told to gain weight, and 17% ($\pm 5\%$) were told to maintain their weight.
- Of the Montana adults who reported having seen a doctor in the past year for a routine checkup (unweighted N=2034), eighteen percent ($\pm 3\%$) reported that they had received advice about their weight from a health professional in the past year.

Do you eat fruits and vegetables five or more times per day?

- In 2000, 23% of Montana adults reported eating at least five servings of fruits and vegetables a day. There was essentially no change in consumption patterns from 1994 to 2000.
- Females (27%) were more likely than males (18%) to report that they were eating fruits and vegetables five or more times a day.
- Adults aged 65 and older (27%) were more likely to report eating at least five servings of fruits and vegetables a day than adults aged 18 to 24 ($\leq 15\%$).
- Adults with a college degree (30%) were more likely than adults with less education ($\leq 23\%$) to consume fruits and vegetables five or more times per day.
- Annual household income levels appear to be positively associated with consumption of the recommended amount of fruits and vegetables.

Healthy People 2000 Objectives:

- 16.8 Increase complex carbohydrate and fiber-containing foods in the diets of adults to five or more daily servings of vegetables (including legumes) and fruits, and six or more daily servings for grain products.**

Table 6. Weight Control and Nutrition, Montana Adults, 2000 (with 95% confidence intervals).

	Trying to lose weight			Eat fruits & vegetables 5+ times per day		
	Total No.	WT.%	CI	Total No.	WT.%	CI
All Adults:						
2000	3019	35.5	33.1-37.8	3010	22.8	20.7-24.8
Sex:						
Male	1289	28.2	25.0-31.4	1284	17.9	15.2-20.6
Female	1730	42.4	39.1-45.6	1726	27.4	24.5-30.4
Age:						
18-24	229	25.5	18.5-32.4	227	15.1	9.6-20.7
25-34	418	33.5	27.9-39.1	418	21.0	15.9-26.1
35-44	678	36.9	32.0-41.7	678	23.7	19.0-28.3
45-54	646	44.9	39.7-50.0	644	24.1	19.5-28.7
55-64	418	38.8	32.4-45.3	418	22.6	17.2-27.9
65+	626	30.3	25.3-35.3	621	26.9	22.4-31.4
Education:						
<High School	286	26.6	19.9-33.4	282	14.9	9.3-20.4
High School	976	34.3	30.3-38.3	975	17.7	14.6-20.8
Some College	908	39.1	34.8-43.5	906	23.0	19.2-26.7
College Degree	847	35.6	31.4-39.8	845	30.1	26.0-34.2
Income:						
<\$15,000	290	34.7	27.1-42.3	289	15.6	10.1-21.2
\$15,000 - \$24,999	636	37.9	32.8-42.9	635	19.5	15.4-23.7
\$25,000 - \$49,999	902	38.1	33.9-42.4	902	23.1	19.3-26.9
\$50,000 - \$74,999	321	35.9	29.2-42.7	321	25.1	19.0-31.3
\$75,000+	200	39.7	30.8-48.5	200	29.0	20.4-37.6
Race:						
White, non-Hispanic	2602	34.9	32.5-37.3	2594	23.1	20.9-25.2
Non-white or Hispanic	407	41.2	34.1-48.4	406	20.2	14.3-26.1

Figure 4. Weight Control and Nutrition, Montana Adults, 1991-2000.

